CLAIMS

1. An arm motion assembly for an exercise device, said assembly comprising:

a first link which is pivotally supported by a first frame portion of said exercise device at a first pivot point so that said first link is capable of reciprocal motion about said first pivot point;

a second link which is pivotally supported by a second frame portion of said exercise device at a second pivot point spaced from said first pivot point so that said second link is capable of reciprocal motion about said second pivot point; and

a connector link which extends between said first link and said second link, said connector link having a handgrip, said connector link being pivotally joined to said first link at a first junction point, and to said second link at a second junction point so that when said first and second links pivot about their respective pivot points, said handgrip travels in a reciprocal path of travel.

2. The assembly of claim 1, wherein said connector link includes a rocker arm portion which projects therefrom in an angled relationship and wherein said second link is pivotally joined to said connector link through said rocker arm portion.

3. The assembly of claim 1, wherein the location of the first junction point is adjustable relative to the first link or the connector link.

4. The assembly of claim 1, wherein the location of the second junction point is adjustable relative to the second link or the connector link.

5. The assembly of claim 1, wherein the location of the first pivot point is adjustable relative to the first link or the first frame portion.

6. The assembly of claim 1, wherein the location of the second pivot point is adjustable relative to the second link or the second frame portion.

7. The assembly of claim 1, wherein the length of at least one of the first link, the second link and the control link is adjustable.

8. The assembly of claim 1, wherein the handgrip portion is capable of pivoting relative to the remainder of the control link.

9. The assembly of claim 1, wherein the first link is a swing arm which is configured to be attachable to a foot link so as to direct a first end of that foot link in a reciprocal path of travel.

10. The assembly of claim 1, further including a synchronization link which is pivotally connected to said first link.

11. An arm motion assembly for an exercise device, said assembly comprising:

a first link which is pivotally supported by a first frame portion of said exercise device at a first pivot point so that said first link is capable of reciprocal motion about said first pivot point when said exercise device is in use;

a second link which is pivotally supported by a second frame portion of said exercise device at a second pivot point spaced from said first pivot point, said second link including a handgrip; and

a connector link which extends between said first link and said second link, said connector link being pivotally joined to said first link at a first junction point, and to said second link at a second junction point; so that when said first link reciprocates about said first pivot point, said connector link causes said second link to pivot about said second pivot axis; whereby, said handgrip moves in a reciprocal path of travel.

12. The assembly of claim 11, wherein said first link includes a rocker arm portion which projects therefrom in an angled relationship, and wherein said connector link is pivotally joined to said first link through said rocker arm portion.

13. The assembly of claim 12, wherein said first pivot point is disposed at the vertex of an angle formed by the rocker arm portion and the remainder of the first link.

14. The assembly of claim 11, wherein the location of said first junction point is adjustable relative to the first link or the connector link.

15. The assembly of claim 11, wherein the location of said second junction point is adjustable relative to the second link or the connector link.

16. The assembly of claim 11, wherein the location of the first pivot point is adjustable relative to the first link or the first frame portion.

17. The assembly of claim 11, wherein the location of the second pivot point is adjustable relative to the second link or the second frame portion.

18. The assembly of claim 11, wherein the length of the second link is adjustable.

19. The assembly of claim 11, wherein the handgrip is capable of pivoting relative to the remainder of the second link.

20. The assembly of claim 11, wherein the first link is a swing arm which is configured to be attachable to a foot link so as to direct a first end of that foot link in a reciprocal path of travel.

21. An arm motion assembly for an exercise device, said assembly comprising:

a first link pivotally affixed to a first frame portion of the exercise device at a first pivot point to that said first link is capable of reciprocal motion about said first pivot point;

a second link pivotally affixed to a second frame portion of the exercise device at a second pivot point separated from said first pivot point, so that said second link is capable of reciprocal motion about said second pivot point;

a connector link which extends between said first link and said second link, said connector link being pivotally joined to said first link at a first junction point, and to said second link at a second junction point so that when one of said first links and said second links reciprocates about its respective pivot point, said connector link causes the other of said first and second links to pivot about its respective pivot point; and

a handgrip which is affixed to one of: said first link, said second link, and said connector link.

22. An exercise device having an improved arm action, said exercise device comprising:

a frame having a first pivot axis defined thereupon;

a foot link having a foot receiving portion which is configured to support a user's foot;

a coupler for coupling a first end of the foot link to the first pivot axis so that said first end of said foot link is directed to travel in an arcuate path;

a guide operable to direct a second end of the foot link in a reciprocal path of travel as said first end travels in said arcuate path;

a first link which comprises a swing arm pivotally supported by the frame at a first pivot point defined on said frame;

a second link which comprises a control link pivotally supported by said frame at a second pivot point defined on said frame and spaced from said first pivot point; and

a connector link which extends between said swing arm and said control link, said connector link including a handgrip portion, said connector link being pivotally joined to said swing arm at a first junction point, and to said control link at a second junction point; so that when said swing arm reciprocates about said first pivot axis, and said control link pivots about said second pivot axis, said handgrip moves in a reciprocal path of travel.

23. The exercise device of claim 22, wherein said guide comprises a ramp.

24. The exercise device of claim 22, wherein said guide comprises a portion of said swing arm.

25. The exercise device of claim 22, wherein said swing arm is in mechanical communication with said foot link so that said swing arm reciprocates about said first pivot point when said second end of said foot link travels along said reciprocal path.